
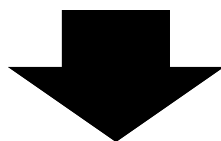


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Mon	Tue	Wed	Thu	Fri
		1 10:30 Congresswoman Anna Eshoo Talk 11:45 LUNCH MENU B.B.Q. Chicken Pasta Salad Cauliflower & Carrots Apple 12:45 Bingo, lunch room	2 8:30 Notary Service 10:00 VTA cards 11:45 LUNCH MENU Beef Stuffed Cabbage Brown Rice w/ Baked Veggies and Feta Cheese Fruit 1:30 SALA Appointments	3 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Egg Frittata w/ Cheese & Ham Whole Grain Muffin Salad Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie: The Lovely Bones
6 Labor Day Holiday Senior Center Closed 	7 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Pasta Primavera w/ Ham Whole Wheat Pasta Hard Boiled Egg Garlic Bread Garden Salad & Banana Oatmeal Cookie 1:00 Movie: Whip It	8 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken A La King Brown Rice Pilaf Au Gratin Potatoes Apple 12:45 Bingo, lunch room	9 11:15 Activity: Reading Labels and Ingredients List 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Sweet Potatoes Seasoned Broccoli Fresh Fruit	10 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Noodle Soup Whole Wheat Roll Squash Salad Cantaloupe 1:00 Movie: Whip It



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NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

Mon	Tue	Wed	Thu	Fri
13 10:30 Dancing, lunch room 11:45 LUNCH MENU Turkey Meatloaf w/ Gravy Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit 	14 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "Twilight" 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chicken Pot Pie (vegetarian available) Confetti Coleslaw Apple 1:00 Movie: Dear John 2:00 Hearing Screening	15 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Salmon Fillet Brown Rice Steamed Spinach Minestrone Soup Banana Sugar-Free Pudding 12:45 Bingo, lunch room 2:00 SAC Meeting	16 10:00 Workshop: Stepping Strong 11:45 LUNCH MENU Chicken Asparagus Pecan Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello 1:30 SALA Appointments	17 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll Sautéed Cabbage & Carrots Sautéed Mushrooms Orange Birthday Cake 1:00 Movie: Dear John
20 10:30 Dancing, lunch room 11:45 LUNCH MENU Swedish Meatballs w/ Gravy Egg Noodles Baked Tomato Spinach and Cheese Salad Pineapple 2:00 Newcomers' Group	21 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 LUNCH MENU Pasta Primavera w/ Ham Whole Wheat Pasta Hard Boiled Egg & Garlic Bread Garden Salad & Banana Oatmeal Cookie 1:00 Movie: Sherlock Holmes	22 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken A La King Brown Rice Pilaf Au Gratin Potatoes Apple 12:30 Alzheimer's Screening 12:45 Bingo, lunch room	23 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Sweet Potatoes Seasoned Broccoli Fresh Fruit 1:30 Workshop: Intro to the Computer	24 10:30 Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Noodle Soup Whole Wheat Roll Squash Salad Cantaloupe 1:00 Movie: Sherlock Holmes 
27 10:30 Dancing, lunch room 11:45 LUNCH MENU Breaded Cod Spanish Rice & Black Beans Garden Salad Parsley Buttered Carrots Orange Sugar-Free Jello WESTERN DAY! WEAR YOUR COWGIRL & COWBOY ATTIRE!	28 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Oven Roasted Chicken Breast Brown Rice Sautéed Fresh Broccoli, Cauliflower & Carrots Peaches 1:00 HICAP 1:00 Movie: Surrogates	29 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stuffed Bell Pepper w/ Sauce Hard Boiled Egg Marinara Noodles w/ Basil Italian Blend Vegetables Fresh Fruit 12:45 Bingo, lunch room	30 10:30 Dancing, lunch room 11:45 LUNCH MENU Chicken Cordon Bleu Whole Wheat Noodles w/ Pesto Green Beans & Garden Salad Mandarin Oranges 1:00 Workshop: Advance Health Care Directive 